



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration 410-535-4606

Director of Comm. Resources	Jennifer Moreland
Division Chief	Ed Sullivan
Program Manager	Vacant
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Manager	Lisa Caudle
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Services Case Manager	Terri Gunkel
Aging Services Case Manager	Amanda Seymour
CFC Supports Planner	Jean Muggli
CFC Supports Planner	Grace Oller

North Beach Senior Center

Program Specialist II	Vacant
Program Assistant	Kathy Shannon
Food Service Coord.	Karla Shauver
Office Assistant II	Kelsey Holland
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Commission on Aging Members

Kathy Baron, Beverly Butler, Noelle Flaherty, Elizabeth Foster, Tanea Granlund, Sudha Haley, Charles Harrell, Yolanda Hipski, Frank Krohnert, Terry Long, Margaret Phipps, Anne Weems, Harriet Yaffe

Calvert Pines Senior Center 410-535-4606

Program Specialist	Kristy Alleva
Program Assistant	Tammie Messer
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Vacant
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Ann Newton
Developmental Disabilities Specialist	Vacant
Developmental Disabilities Aide	Angela Nenno
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Chessa Reid
Senior Employment Program	Vacant

Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Cathy Richards
Office Assistant II	Brian Ward
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Ann Newton
Senior Employment Program	Vacant



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

November/December 2021

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Board of County Commissioners

From left: Commissioners Steven R. Weems, Christopher J. Gadway, Earl F. "Buddy" Hance, Mike Hart and Kelly D. McConkey.

Veterans, We Salute You!

The Calvert County Office on Aging salutes all veterans. We thank you for your unwavering dedication and selfless sacrifices to defend the freedoms that we enjoy in America. Your bravery and courage will always be remembered. Reflecting on Veterans Day, John F. Kennedy spoke these words, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." Please join us at one of our senior centers as we express our gratitude and celebrate Veterans Day.



November 10, 2021

North Beach, 12:30PM – Veterans Day Sundaes
Calvert Pines, 12:30PM – Veterans Day Ice Cream Bar
Southern Pines, 12:30PM – Veterans Day Parfaits



Happy Holidays from the Office on Aging!



Our staff wishes you a wonderful holiday season. We hope it is a time filled with love, peace and joy as you rest in the company of family and friends. It is a privilege and blessing to serve the senior community in Calvert County.
Have a wonderful holiday season!

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

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www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

Medicare

Open Enrollment

October 15 – December 7
by appointment only or call
1-800-633-4227 (MEDICARE)

2022 Senior Bus Passes

Public Transportation and the Office on Aging work closely together to ensure that eligible seniors receive free bus passes each year. There is a small replacement fee if a pass is lost or damaged. The passes can be used for all local routes and into Charlotte Hall. Some fees may apply. You must be 60+ and income eligible in order to receive a pass. For an individual, a person can make \$1850/month or less in order to apply. The amount for a couple is \$2500/month or less. If you received a pass in 2021, a new pass will be made for you.

**Passes will be available on
December 20, 2021 at all three centers.**

Passes for 2022 are good for the entire calendar year. Please contact Tunya Taylor at 410-535-4606 if you have any questions.

Diabetes Awareness Month

November is a time for community to come together and ring the alarm on the diabetes epidemic. It's a time to get educated, create awareness, understand why millions of Americans are at risk, and explore resources to help you make small lifestyle changes towards a healthier life; whether you are currently managing diabetes, or you want to make small steps towards prevention. Take a proactive role in your health! Be sure to talk with your doctor about your risk and make a plan towards diabetic management and prevention. The Calvert County Office on Aging offers collaborative programs with local agencies to support and prevent diabetes.



The County Commission on Aging (CoA) is continuing to advocate, plan, and initiate projects and activities that benefit our county seniors and those with disabilities. The CoA is exploring bringing the AARP Age-Friendly Communities (AFC) concept to our county. For this purpose, the CoA put together an Advisory Team: Department of Community Resources Director Jennifer Moreland, Office on Aging's Ed Sullivan and Liz Youngblood, CoA Chair Dr. Charles Harrell, and Vice Chair Yolanda Hipski and CoA and AARP MD Executive Council member Dr. Sudha Haley.

The CoA asked Dr. Haley to invite Dr. Gybrilla Ballard-Blakes, an AARP MD Age-friendly Communities (AFC) Leader, to learn more about what it takes to have an AFC. Dr. Blakes presented the AFC goals to foster residents' engagement in the community's environmental, civic, economic and social life. These intersect well with our current County Comprehensive Plan. See the AFC site to learn more. As the CoA Advisory Team gathers more data, please welcome them and community partners who will be coming to your community to survey your needs for an Age-Friendly Community.

Pictured are Dr. Sudha Haley, Dr. Gybrilla Ballard-Blakes, and CoA President, Charles Harrell.

Daylight Saving Time Ends Sunday November 7

Remember to set your clocks *BACK* one hour on Saturday, November 7.
It's also a great time to check your smoke detectors to make sure they are working properly.

SERVICES

Call 410-535-4606 for more information.

Behavioral Health Counselor - A counselor is available through the Calvert County Health Department, Thursday and Friday at Calvert Pines Senior Center, Wednesday at North Beach Senior Center, and Wednesday at Southern Pines Senior Center. Contact your nearest senior center for more information, or call Lisa Caudle at 410-535-4606.

Caregivers Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Calvert County Alzheimer's Caregiver Support Group - Meets virtually via Zoom on the 2nd Thursday of every month. For more information, contact Jeannette Findley, 410-394-2647, and JC Hooker, 280-882-2590.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour, or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. An attorney will be available Thursday, November 4, 1-3 p.m. and Thursday, December 9, 1-3 p.m. at Calvert Pines Senior Center. Call for an appointment.

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information, contact Amy Boucher.

Maryland Access Point - Provides options counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Kristy Matchett, Ann Newton
Southern Pines: Ann Newton - Thursdays
North Beach: Kristy Matchett - Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Harry Markward or Patti Ryon.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

SHIP - State Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, contact Ann Newton or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Kristy Matchett.



Save the Dates!



Fitness Fridays

Make your personal health a priority!

In collaboration with Calvert Health, work with a Health Coach and Personal Trainer to develop a personal plan for your specific health and fitness needs. At 9:30AM, participate in a fitness class focusing on balance and strength.

Southern Pines:

First Friday of the Month, 9 – 11:30AM

North Beach:

Second Friday of the Month, 9 – 11:30AM

Calvert Pines:

Third Friday of the Month, 9 – 11:30AM

Fresh Conversations

Join Katie Bolte as we discuss current nutrition and health topics, learn about low-cost, healthy recipes, and discover new ways to stay active and independent. Learn tips on how to make easy changes to help you manage diet-related health conditions, Get motivated to eat healthier and get more physically active. See North Beach Senior Center's calendar for the weekly class topics. Class will be held weekly for 6 weeks. Free! Must pre-register, please call 410-257-2549.

North Beach Senior Center

Mondays, November 8 – December 13
10 - 11AM

Support Groups

The Office on Aging, in collaboration with other local agencies, offer the following Support Groups to help as you navigate life's challenges. Please see each calendar page for dates and times.

- Veterans Support Group
- Grief & Loss Support Group
- General Support Group

Holiday Parties

Thanksgiving Luncheon

Thursday, November 18th, 12PM
Gather with friends and enjoy your Thanksgiving favorites!

Christmas Luncheon

Friday, December 10, 12PM
Enjoy the presence of friends as we share a festive Christmas meal together!

Must pre-register for luncheons by calling the senior center you attend.

Legal Aid

If you are 60 or older, you are eligible for specific types of legal services through Maryland Legal Aid. You must call for an appointment and must be at least 60 years of age. Only four (4) appointments available per day. Call Calvert Pines for an appointment.

Calvert Pines

Thursday, November 4, 1 - 3PM
Thursday, December 9, 1 - 3PM

Living Well with Diabetes

The Office on Aging will host a 6-week course for diabetics and pre-diabetes in collaboration with the Calvert County Health Department. Get the support you need while exploring strategies that promote well-being and decrease the risk of complications associated with diabetes. Learn simple techniques to manage your symptoms and receive effective ways to talk with your doctor and family about your health. To register, please call 410-535-5400 x459.

Southern Pines Senior Center

Mondays, November 8 – December 13
1 – 4PM



Volunteer Opportunities

Friends of Calvert County Seniors, Inc.

is a non-profit organization dedicated to improving the quality of life for qualified Calvert County seniors. FCCS provides funds for services to assist them in remaining independent when governmental or grant funds are insufficient. FCCS is seeking members. The group meets the third Tuesday of each month at Calvert Pines. For more info, visit the website at fccseniors.org, or contact Liz Youngblood at the Office on Aging at 410-535-4606.

Meals on Wheels Drivers Needed

Calvert Meals on Wheels is in need of volunteer drivers to deliver meals to homebound seniors in Calvert County. If you are interested in helping out, contact Patti Ryon at 410-535-4606, ext.124.

Become a Tax-Aide Volunteer

The AARP Tax-Aide program, sponsored by the Calvert County Office on Aging, is looking for volunteers to serve as tax counselors to prepare, review and e-file 2021 tax returns in 2022. All Tax-Aide volunteers will be required to pass the IRS and Maryland certification tests. Training will be offered in late 2021 and/or early 2022. Contact Patti Ryon at the Office on Aging, 410-535-4606.

Office on Aging Snow Policy

If the Calvert County Courthouse is open, the Office on Aging (OOA) will be open. You may also check the Calvert County Government website to see if county government offices are open. Some class instructors have their own snow policy, so please check with them to find out about their snow policy. If Calvert County schools are closed or the Calvert County Government is delayed, staff prepared meals will be served. If schools have a delayed opening, the advertised meal on the menu will be served.

Welcome to the Team!

Please welcome Katie Bolte to the Office on Aging as our Fresh Conversations Nutrition Education Coordinator.

Katie will be facilitating the Fresh Conversation Nutrition program at all three senior centers.



Senior Center Closures

Calvert County Senior Centers will be closed in observance of the following holidays:

- Veterans Day, November 11
- Thanksgiving, November 25 & 26
- All centers will be closing at 12:30PM on Friday, December 17th.
- Christmas, December 24

Farewell and Thank You!

Linda Roberts, Program Specialist at North Beach Senior Center
Ruthie Birch, Developmental Disabilities Specialist

We thank them both for their dedication and service to the senior community and wish them well in their next chapter of life!

NOVEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Five Spice Chicken Roasted Red Potatoes Zucchini & Tomatoes Chilled Pineapple WW Dinner Roll Orange Juice	2 Salmon Patty Whole Grain Bun Chickpea Salad Seasoned Beets Chilled Peaches L/T/O	3 Buttered Spaghetti Meat Sauce Italian Green Beans Tossed Salad w/ Dressing Chilled Mandarin Oranges Italian Bread	4 Stir Fry Pork Brown Rice Seasoned Spinach Chilled Diced Pears WW Dinner Roll	5 Herb Roasted Turkey LS Poultry Gravy Cranberry Sauce Sage Bread Dressing Seasoned Broccoli Florets Chilled Fruit Cocktail
8 Roast Beef LS Brown Gravy Mashed Potatoes Pears & Onions Chilled Mandarin Oranges WW Dinner Roll Cranberry Juice	9 Pork Loin Roast LS Brown Gravy Baby Lima Beans Seasoned Broccoli Florets Hot Spiced Apples WW Dinner Roll LS V-8 Juice	10 Beef Lasagna Seasoned Kale Tossed Salad w/ Dressing Chilled Peaches Buttered French Bread	11 CENTERS CLOSED FOR VETERANS DAY	12 Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Chilled Pears WW Dinner Roll
15 Herb Roasted Turkey LS Poultry Gravy Cranberry Sauce Sage Bread Dressing Mashed Potatoes Parslied Carrots Seasonal Fresh Fruit Orange Juice	16 Chicken California Oven Roasted Red Potatoes Seasoned Green Beans Chilled Peaches WW Dinner Roll Fruit Punch Juice	17 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Chilled Fruit Cocktail WW Dinner Roll Apple Juice	18 Herb Roasted Turkey Bread Stuffing Glazed Sweet Potatoes Green Bean Casserole Cranberry Sauce Pumpkin Pie with Whipped Cream WW Dinner Roll Grape Juice	19 LS Meatloaf & Gravy Mashed Potatoes Navy Beans Seasoned Kale Chilled Mandarin Oranges Pineapple Juice
22 Pork Loin Roast LS Brown Gravy Glazed Sweet Potatoes Baby Lima Beans Sautéed Cabbage Chilled Applesauce Pineapple Juice	23 Tuna Patty Whole Grain Bun Baked Winter Squash Seasoned Green Beans Seasonal Fresh Fruit Fruit Punch Juice	24 BBQ Chicken Potato Wedges Sliced Dilled Carrots Chilled Pears WW Dinner Roll Orange Juice	25 CENTERS CLOSED FOR THE THANKSGIVING HOLIDAY	26
29 Cabbage Roll Tomato Sauce Seasoned Zucchini Apple Crisp WW Dinner Roll Pineapple Juice	30 Chicken Burger on Bun Three Beans Salad Chickpea Salad Chilled Mandarin Oranges Fruit Punch Juice	Please consider your contribution carefully to help the OOA meet increased costs. All meals are subject to change. Lunches served Monday-Friday at 12 noon. Fee: Aged 60+ - \$3 - Suggested donation Under 60 - \$5 (Payment must be made at time of registration.) Reservations are required 24 hours in advance.		

DECEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Please note: Foods may contain allergens such as eggs, wheat, and soy.</div>	<div>All meals are subject to change.</div>	1 BBQ Pork on Bun Macaroni & Cheese Three Bean Salad Chilled Pineapple LS V-8 Juice	2 Beef-a-Roni Collard Greens Baby Lima Beans Chilled Peaches Italian Bread Apple Juice	3 Breaded Fish Fillet Roasted Red Potatoes Seasoned Broccoli Florets Chilled Diced Pears WW Dinner Roll Pineapple Juice
6 Five Spice Chicken Roasted Red Potatoes Zucchini & Tomatoes Chilled Pineapple WW Dinner Roll Orange Juice	7 Salmon Patty Whole Grain Bun Chickpea Salad Seasoned Beets Chilled Peaches L/T/O	8 Buttered Spaghetti Meat Sauce Italian Green Beans Tossed Salad w/ Dressing Chilled Mandarin Oranges Italian Bread	9 Stir Fry Pork Brown Rice Seasoned Spinach Chilled Diced Pears WW Dinner Roll	10 Chicken Cordon Bleu Sage Bread Dressing Seasoned Broccoli Florets Mixed Fruit Crisp WW Dinner Roll Cranberry Juice
13 Roast Beef LS Brown Gravy Mashed Potatoes Peas & Onions Chilled Mandarin Oranges WW Dinner Roll Cranberry Juice	14 Pork Loin Roast LS Brown Gravy Baby Lima Beans Seasoned Broccoli Florets Hot Spiced Apples WW Dinner Roll LS V-8 Juice	15 Beef Lasagna Seasoned Kale Tossed Salad w/ Dressing Chilled Peaches Buttered French Bread	16 Lemon Glazed Chicken Brown Rice Parslied Carrots Seasoned Green Beans Orange Sections WW Dinner Roll	17 Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Chilled Pears WW Dinner Roll LUNCH WILL BE SERVED AT 11:30
20 Herb Roasted Turkey LS Poultry Gravy Cranberry Sauce Sage Bread Dressing Mashed Potatoes Parslied Carrots Seasonal Fresh Fruit Orange Juice	21 Chicken California Oven Roasted Red Potatoes Seasoned Green Beans Chilled Peaches WW Dinner Roll Fruit Punch Juice	22 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Chilled Fruit Cocktail WW Dinner Roll Apple Juice	23 Baked Chicken Breast Vegetable Primavera Seasoned Broccoli Florets Garlic Bread Grape Juice	24 CENTERS CLOSED FOR CHRISTMAS
27 Pork Loin Roast LS Brown Gravy Glazed Sweet Potatoes Baby Lima Beans Sautéed Cabbage Chilled Applesauce Pineapple Juice	28 Tuna Patty Whole Grain Bun Baked Winter Squash Seasoned Green Beans Seasonal Fresh Fruit Fruit Punch Juice	29 BBQ chicken Potato Wedges Sliced Dilled Carrots Chilled Pears WW Dinner Roll Orange Juice	30 Roast Beef LS Brown Gravy Mashed Potatoes Seasoned Spinach Chilled Mandarin Oranges WW Dinner Roll Apple Juice	31 LS Swedish Meatballs Seasoned Egg Noodles Peas & Onions Chilled Peaches WW Dinner Roll LS V-8 Juice